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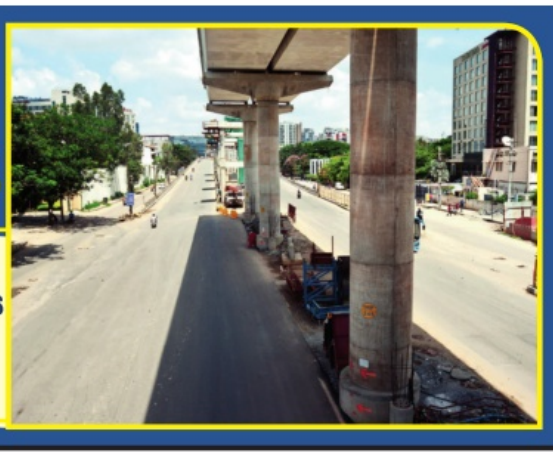
Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 86% Generally cloudy sky with one or two spells of rain Sensex 65,508 | Nifty 19,523 | Gold 58,800 | Silver 73,000 | Dollar 83.18 | Euro 87.89 | GBP 100.91

CITY / PAGE 2

BANDH UPDATES

Brace for shutdown today: 'Only protest allowed, bandhs wreak havoc on economy', insists state govt



CITY / PAGE 3

FREE THE TREE

A year has gone by since BBMP promised to get rid of concrete from tree bases, but nothing done yet

Bengaluru prison overcrowded by 126% even as activists point to mental health dangers due to crammed jails; police say undertrials form chunk of prisoners

FULSOME PRISON BLUES

Central prison in city accommodates 5,261 inmates, though it has room for just 4,146

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Prisons in the State are 'excessively overcrowded', surpassing their designated capacities. For instance, the Central prison in Bengaluru currently accommodates 5,261 inmates, exceeding its official capacity of 4,146 by 126.89%. Similarly, Ramanagara prison houses 312 prisoners, surpassing its capacity of 223 by 139.91%. Kolar has 138 prisoners, exceeding its capacity of 82; KGF has 79 prisoners instead of 76, reaching 103.95% of its capacity; Tumakuru has 413 prisoners in place of 340, which is 121.47% capacity.

The issue of prison overcrowding has long been a matter of concern. Even President Droupadi Murmu had acknowledged the need to decongest prisons last year.

A police official told BM, "The problem of overcrowding in prisons primarily arises from undertrial prisoners charged with minor offences. Many of them come from marginalised sections of society and cannot afford legal representation." Activists emphasise that prison overcrowding can lead to various issues, including an increased risk of mass schizophrenia or other mental disorders.

The prisons in other cities are also overcrowded. For example in Mysuru, there are 835 inmates occupying space meant for 562, indicating an overcrowding rate of 148.5%. Shivamogga central jail houses 704 prisoners, surpassing its capacity of 500 by 140.8%. Mangaluru accommodates 369 prisoners in place of 210, reaching a capacity of 175.71%. Chikkamagaluru has 260 prisoners instead of 149, exceeding capacity by 174.5%, Davanagere has 251 prisoners compared to its capacity of 170, resulting in an overcrowding rate of 147.65%. Gokak experiences an

> **The problem of overcrowding in prisons primarily arises from undertrial prisoners charged with minor offences. Many of them come from marginalised sections of society and cannot afford legal representation**
> —A police official

CONTINUED ON PAGE 8 >>

30-minute city dreams

Day after horrific jam that startled citizens, BM takes a look at how to make commutes easier

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In a 374-page report put together by the state government and the Federation of Indian Chambers of Commerce and Industry (FICCI), laying out the roadmap for Karnataka's trillion-dollar economy future, urban planners have suggested adoption of the 30-minute cities concept in Bengaluru to reduce the infamous traffic congestion.

Access is the focal point when urban development is planned through 30-minute cities. The objective is to reduce the amount of time (maximum of 30 minutes) used by citizens to reach critical points such as work, school, health care centres and other spots for recreation.

Rajkumar Dugar, a public transport enthusiast, told Bangalore Mirror that public transport is a key component to ensure 30-minute cities, however, the current state of public transport infrastructure in the city is severely small. "The suburban rail project is moving at a snail's pace. The metro services have seen improvement in

CONTINUED ON PAGE 4 >>

INSIDE>> PG 5 Traffic tangles

3 THINGS TO DO

01 Textile art

Get the chance to attend the 31st edition of Vastrabharana, presented by the Crafts Council of Karnataka. This annual exhibition features various handcrafted textiles and jewellery. This year's theme is inspired by the Indian subcontinent's history of producing spices, which were traded along the Silk Route.

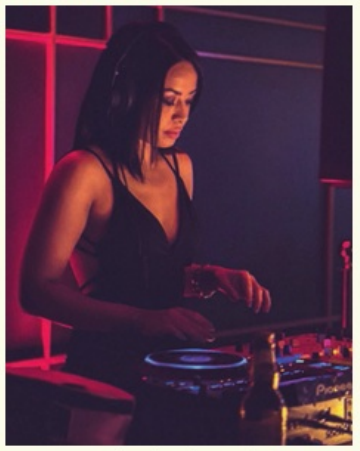
Where: Karnataka Chitrakala Parishath;
When: until October 2; 10 am to 7:30 pm

02 Party night

DJ Varun, the maestro of music, is set to perform this Saturday in Koramangala. The artist has been crafting sonic experiences for over 12 years. He has also shared the stage with some of the global stars, like Tommy Trash and The Chainsmokers. He is known to get the crowd moving with his versatile music style, which includes house music, hip-hop, retro, deep house, R&B, and more.

Where: Babylonia, 7th Block, 9, 20th Main Road, KHB Colony, 7th Block, Koramangala
When: September 30; 8 pm onwards

03 Musical beats



Don't miss the chance to attend a performance by Anthony Linell this September at one of the most popular venues in the city. Known for dispensing with mechanisms of attention on all fronts, he applies the strategies of techno's models to apprehend his singular vision. The event also features artists like Chaz and Delika.

Where: Indiranagar Social
When: Saturday, September 30; 8 pm onwards

It's shutdown time, folks

Several organisations to unite for statewide bandh today; home minister says if bandh is observed then it will further worsen economic situation

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Kannada Chaluvali leader Vatal Nagaraj along various Kannada associations leaders campaigned in city for Karnataka bandh on Thursday

The stage is set for the second leg of the Karnataka bandh, with Kannada activists announcing their intention to observe the bandh in Bengaluru as well. However, Home Minister G Parameshwara warned that only protests are allowed, stating, "If anyone tries to force people to observe a bandh, legal action will be initiated. I am warning the organisations that have called for a bandh. The bandh cannot be observed as directed by the court. Legal action will be initiated against those who defy it."

He warned, "Only protests can be observed; the bandh will not be allowed. The police need not be given special instructions; they know what to do. Due to the Bengaluru bandh observed on September 26, there is an approximate loss of Rs 1,500 to Rs 2,000 crore. If a bandh is observed one more time, it will further worsen the economic situation.

Organisations should be aware of this. Everyone has the right to stage a protest, so let them carry out protests. But if they try to impose a bandh, legal action will be initiated."

Meanwhile, it is estimated that normal life, especially in the southern part of the state, is likely to be affected as pro-Kannada and farmers' organisations have called for a 'Karnataka Bandh' to protest the release of Cauvery water to Tamil Nadu.

'Kannada Okkuta,' an umbrella organisation for Kannada outfits, including factions of Karnataka Rakshana Vedike, Kannada Chalavali (Vatal Paksha), and various farmers' bodies, has called for a statewide dawn-to-dusk shutdown. A massive protest procession is planned from Town Hall to Freedom Park in the city, with participants from various walks of life.

The Bangalore Metropolitan Transport Corporation (BMTC) has announced that it will operate buses as usual. However, cab operators who did not participate in Tuesday's bandh have indicated that they will stay off work on Friday. Tanveer Pasha, president of the Autorickshaw Drivers' Union and Ola Uber Drivers and Owners' Association (OUDOA), stated, "We will take out a rally from Nayandahalli to Freedom Park tomorrow."

Holiday for schools and colleges

The Bengaluru Urban Deputy Commissioner issued an official order declaring a holiday for schools and colleges on Friday to prevent any inconvenience to students and teachers. The Karnataka State Hotels Association has also extended its support for the bandh.

Bannerghatta Biological Park will remain closed on Friday, including all its units like the zoo, safari, and butterfly park. However, on Tuesday, all units of Bannerghatta Biological Park will remain open for public viewing. FKCCI president Ramesh Chandra Lahoti said, "We morally support the Karnataka bandh. We have informed our members in industrial areas and big associations to provide support."

> **"Only protests can be observed; the bandh will not be allowed. The police need not be given special instructions"**
> – G Parameshwara, Home Minister

Cardiac care: The need of the hour

Manipal Hospitals, Bengaluru launched an advanced SOS QR code

Manipal Hospital, Bengaluru, launched an advanced SOS QR code and cardiopulmonary resuscitation (CPR) education programme aimed at saving lives during medical emergencies on World Heart Day. The main objective of the launch is to ensure that every critical patient receives timely assistance during the 'Golden Hour.' In a symbolic gesture, Manipal Hospital has also transformed traffic signals into heart-shaped symbols.

The trend that was set by branding red heart signals last year at key traffic junctions is initiated at 37 traffic signals this year as well, with the support of Bangalore City Traffic Police and BBMP. These signals have SOS QR codes stationed for easy access to the ambulance service.

According to data from the Centres for Disease Control and Prevention (CDC), almost 47% of cardiac arrest fatalities occur prior to a patient's arrival at the hospital. The key to saving lives during heart attacks lies in delivering prompt assistance, such as CPR, during the golden hour. Hence, keeping this in mind, Manipal Hospital launched the QR code and proposed to the Government of Karnataka to make cardiopulmonary resuscitation (CPR) education mandatory.

Home Minister Dr G Parameshwara said, "Immediate medical support during medical emergencies can be a matter of life and death. The SOS QR code and CPR education programme will undoubtedly save lives and strengthen our community's resilience."

Manipal Hospital is strategically positioning the QR codes at key traffic intersections, apartments, and a few vehicles for easy access during emergencies. Patients or their caregivers can easily scan these codes using their Android and iOS devices. The QR code will seamlessly provide real-time patient location information to the nearest Manipal Ambulance Response Service (MARS).

Health Minister Dinesh Gundu Rao said, "We are working closely with Manipal Hospitals to deploy these SOS QR codes at strategic locations, including the major traffic signals, as part of our commitment to transform Bengaluru into a Heart Smart City." Dr Sudarshan Ballal, Chairman of Manipal Hospitals, said, "We believe that by enhancing cardiac care, we can make a significant difference in the lives of our patients." — BMB

Pending promise: Free the tree bases

Citizens complain of no action being taken against concretising of avenue trees; demand that BBMP ensure trees have 3-foot radius of exposed soil

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Nearly a year has gone by since the Bruhat Bengaluru Mahanagara Palike (BBMP) assured to clear concrete slathered on the base of trees during road repair work. However, not much has moved on the ground.

Citizens from across the city who had raised the issue then say none of the trees have been set free so far.

"After I raised the complaint nearly a year ago, BBMP sent a team, and they broke concrete around two trees in our area in a haphazard manner. I took the officials around in my car and pointed at many such trees on Jayamahal Road, Nandi Durga Road, and in Benson Town. We spent more than an hour doing the exercise. However, none of these trees have been set free of concrete so far," said a resident of Benson Town.

Citizens say that avenue trees are being concretised by BBMP even now

BM had earlier reported that BBMP would free the trees of concrete after many complaints poured in from across the city about avenue trees getting concretised during road repair work. Higher officials of the department then declared that while the concrete poured around the bases of some of the trees in the city has already been broken, all the city trees will be de-concretised soon.

BangaloreMirror

Over 6 months have gone by since BBMP promised to clear concrete slathered on base of trees during road repair work; complainants say no action taken yet

THE CHOKE IS ON US

BM's report on May 16 about trees getting concretised

According to BBMP DCF, deconcretising trees across the city is a huge task, and the Forest Department is taking up the issue with the Road Infrastructure Department yet again. A drive to deconcretise tree bases will also be launched soon.

"We have been and will be writing to BBMP. When we go for field inspections, we attend to these trees and clear the bases. However, it is a huge task as many trees across the city have been concretised. We are writing a letter for them to incorporate space around the tree trunks and also de-concretise trees that are choking. This is weakening the tree, and we are writing a letter. We also plan to take it up as a drive operation," said BLG Swamy, DCF, Forest Department, BBMP.

Notably, a written request to deconcretise the trees was sent by the Forest Department a few months ago to Road Infra, but to no avail.

Concerned citizens say the department should formulate a team to take up the task and ensure avenue trees are safe.

"Avenue trees are being concretised by BBMP even now. The team must ensure that every avenue tree has at least a three-foot radius of exposed soil," said another resident from Koramangala.

However, according to city-based tree experts, it should be the Road Infrastructure Department's responsibility to ensure that the trees are de-concretised. "Since the trees have been concretised for some time now, BBMP should take up this initiative in earnest, or their long-term health will be compromised," said Dattatreya Devare, founder trustee, Bangalore Environment Trust.

Enjoy VK Street Sambhrama

Are you yearning to relive your childhood memories with games like 'buguri' and 'kuntebille'? Well, here's your chance to not only indulge in those nostalgic games but also to socialise and make new friends. Vijay Karnataka and Bangalore Mirror are thrilled to present the VK Street Sambhrama at Malleswaram this Sunday. Malleswaram MLA Dr CN Ashwath Narayan and other leaders will be the chief guests.

On this exciting occasion, you can take part in a wide array of games, including lemon and spoon races, marbles, skipping, pottery, and caricature drawing. But that's not all; the event promises even more entertainment with beatboxing, DJ performances (featuring DJ Sizzle and Harry D Cruz), dance performances, singing, food stalls, kite flying, Yogasana, Zumba, painting competitions, fancy dress contests, rangoli, and more. In addition to the fun and games, there will be a fire safety drill, awareness sessions on traffic rules, and a health camp.

Venue: 4th Main Road (behind Himanshu Shastri Road), behind Malleswaram playground
Date and time: October 1, from 8 am to 1 pm
Entry: Free

VK Street Sambhrama in Malleswaram is not just an event; it's an opportunity to come together, celebrate, and enjoy a day filled with entertainment, community spirit, and the joy of being part of something special. Attendees can participate in various games and win exciting prizes. For those eager to participate in specific programmes like painting, fancy dress (for children), or rangoli (for women), enrollment is available free of charge. If you're interested, simply sign up by contacting 7676668588. —Prakash VL

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DJ Sizzle & Harry D Cruz
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Date : 01st October, Sunday
Time: 8 AM to 12 PM
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Pitfalls of progress

Potholes, uneven surfaces plague road linking KR Puram to TC Palya, causing immense inconvenience for daily commuters, locals

Residents in KR Puram are grappling with a deteriorating infrastructure issue. Once smooth and well-kept, the road linking KR Puram to TC Palya has transformed into an obstacle course marred by potholes and uneven surfaces. This deteriorating condition is causing significant inconvenience to commuters who rely on this route.

This road was a convenient connection for residents travelling between KR Puram and TC Palya two years ago. Regrettably, it has become nearly impassable, especially during the monsoon season. Each rainy season, the road's condition deteriorates further, leaving residents uncertain about its future restoration.

A major concern the community raises is the lack of adequate bus services in the TC Palya area. The road's deplorable condition limits the number of buses that can navigate such rough terrain. Consequently, bus routes catering to this locality have been curtailed, compelling residents to seek more costly transportation alternatives.

Bala Murali, a resident of Brindavan Layout, said, "In the not-so-distant past, traversing this road was a smooth affair; however, it has now transformed into an arduous journey resembling a battleground. Potholes have infested the road, and their severity escalates each passing year. The community finds itself in desperate need of finding a solution to this persistent problem. The situation has reached such dire straits that many residents have reluctantly accepted this unfortunate reality as part of their daily lives.

Despite knowing that these potholes damage their vehicles and cause significant inconvenience, they feel powerless to bring about any change. Another issue plaguing the area is Vengaiah Lake, or KR Puram Lake, which has remained

> **"Potholes have infested the road, their severity escalates each passing year. The community is desperate for a solution** – Bala Murali, a resident

unfinished for three long years since its rejuvenation project commenced. Onlookers may catch sight of construction machinery near the lake road, giving off an illusion of progress when, in reality, no substantial work takes place there. To make matters worse, empty alcohol bottles are recklessly discarded on the lake bed while youngsters utilize it as a convenient spot for smoking breaks."

Given KR Puram's continuous expansion and development trajectory, ensuring proper maintenance of its road network becomes increasingly imperative. The inhabitants remain hopeful that their concerns will be acknowledged promptly so that remedial measures can be taken swiftly along the stretch from KR Puram to TC Palya.

The residents remain resilient, patiently navigating the road's challenges and hoping for a brighter, pothole-free future. The story of KR Puram's crumbling roads is a stark reminder of the pressing need for infrastructure maintenance and development in our rapidly growing cities.

— Sanjana Rao

The road's deplorable condition limits the number of buses that can navigate such rough terrain, reducing services to TC Palya area

Futuristic, but need of the hour for city

CONTINUED FROM PAGE 1

the past few years but the Bangalore Metropolitan Transport Corporation (BMTC) requires a serious push not only in terms of their fleet being increased but also their efficiency through rationalisation of routes," he explained.

He added that for 30-minutes cities to work, infrastructure enabling active mobility such as pedestrian friendly crossings and pavements are the bare minimum requirements. "Cycle lanes and pedestrian friendly infrastructure must be done on war footing for such a concept to work but these are actively ignored by authorities. It takes five minutes to cross the Millers Road alone, so building a 30-minute city is currently far from the near future," he said.

Sandeep Anirudhan, Convenor – Bengaluru Mobility/Citizens' Agenda for Bengaluru, noted that the 30-minute cities concept would be achievable in Bengaluru if the city had a planning committee. "According to the 74th amendment, the city must have a Metropolitan Planning Committee (MPC). At present, there is much ambiguity as the mandate of the MPC of the city overlaps with the powers of the Bangalore Development Authority (BDA)," he said. He added that the concept can be achieved as the land use plan and mobility plan will go hand in hand within a master plan. Further, Anirudhan said that

the state government must consider enacting a law that will mandate educational institutions to select students who live within the locality on a priority, as other aspects such as healthcare and shopping are often present within neighbourhoods.

Sarojini (name changed), a marketing agent who has moved closer to her workplace in order to reduce her travel time to less than 30 minutes, said that the government must chalk out a plan to make housing affordable in areas rich with employment. "I currently pay Rs 12,000 for rent in BTM Layout. Despite being far more than my budget, I have opted to rent out a house to reduce my travel time. The government must consider spreading out employers across the city as a long-term goal while also focusing on providing affordable housing in areas that are in demand," she explained.

"Increased walkability and bikeability will lead to increased physical activity ensuring improved health. It reduces reliance on cars, curbing congestion and air pollution. Besides, it also improves spatial connectedness, encouraging social cohesion and community interaction. The concept also increases economic development by creating opportunities for small businesses and entrepreneurs to thrive," the report has stated the advantages of implementing the concept of 30-minute cities.

It has also made several other recommendations to reduce traffic congestion while warning that it "could be a major concern for the government" as it can deter investors. The recommendation of levying a congestion charge on vehicles entering the city from nine different roads from the same report has stirred many conversations. The report noted that the charge would be levied on approximately 12 million vehicles making entry through Ballari Road, Tumakuru Road, Magadi Road, Mysuru Road, Kanakapura Road, Bannerghatta Road, Hosur Road, Old Madras Road and Old Airport Road.

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Constant illumination

Race Course Road

On Purna Prasad Road, behind the Volvo Car Showroom near the Race Course, the timer for the streetlights is malfunctioning, causing the lights to remain on 24/7, throughout the year.

Stagnant sewage

Gandhinagar

Stagnant sewage water poses health concerns in Ward 94, Gandhinagar. Urgent action is needed.

Poor maintenance

Lalbagh

In Surveyor Street, near Lalbagh, there is road and bench maintenance neglect. This neglect raises concerns about the efficient utilisation of taxpayers' money.

Tunnel road vision

Bengaluru's tunnel road project advances amid cost concerns, drawing interest from multiple firms for Detailed Project Report

Tunnel roads are expected to feature a width of six lanes, facilitating the passage of heavy vehicle

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Despite facing criticism over the escalated cost, the State Government is going ahead with its plans to introduce tunnel roads within Bengaluru City. Sources reveal that numerous firms have strongly expressed interest in developing a Detailed Project Report (DPR) for this ambitious project. Around 10 firms have been said to have shown interest in taking up the DPR work for the project.

An official said, "We have identified 12 high-density corridors in Bengaluru, and from these, we intend to carve tunnel roads beneath select routes. In the initial phase, we are looking to incorporate 65 km of tunnel roads. The project cost will become clearer once the DPR is ready, but current estimates suggest it could be around Rs 50,000 crore. We plan to undertake the tunnel road project through a public-private partnership (PPP) model, specifically using the build-operate-toll (BOT) mode. This implies that all tunnel roads will be tolled. Should the contractor opt for the BOT-toll model, the state government may not need to invest significantly, as the private operator will assume the costs and recoup them through toll collection over a predetermined period."

These tunnel roads are expected to feature a width of six lanes, facilitating the passage of heavy vehicles alongside regular traffic. Some potential routes under consideration for tunnel roads include Mehkri Circle to Central Silk Board, KR Puram to Goraguntepalya, Varthur Kodi to Jnanabharati, and Wheelers Road to Kalyan Nagar. "The introduction of tunnel roads is seen as a significant step toward addressing Bengaluru's mounting traffic congestion and improving overall urban mobility", claimed an official.

Clogged Wednesday

Meanwhile, the city roads experienced unprecedented and rather unusual traffic congestion that extended well into the late hours of Wednesday. Many Bengalureans took to social media to express their frustration, emphasising that they had never encountered such severe gridlock in recent memory. For some, what should have been a short commute turned into a painstakingly slow crawl over a mere few meters. Joint Commissioner for Traffic MN Anucheth said, "The congestion was mainly concentrated on the Outer Ring Road (between Silk Board and KR Puram) and its surrounding areas. After a thorough analysis, we identified several causative factors. Firstly, the traffic volume was nearly double the norm. Typically, Wednesdays see 1.5 to 2 lakh vehicles on the road, but last Wednesday, this number soared to 3.5 lakh. This surge can be attributed to a bandh (strike) on Tuesday, prompting many employees to return to work simultaneously on Wednesday evening.

Moreover, with an extended long weekend on the horizon (due to a Friday bandh, followed by the weekend, and Monday being a holiday for Gandhi Jayanti), numerous residents exited Bengaluru for a brief getaway. Added to this, parts of the Outer Ring Road experienced heavy rainfall, resulting in waterlogging on several inner roads. There were multiple vehicle breakdowns between 3.30 pm and 5 pm, further impeding the traffic flow".

> **The introduction of tunnel roads is seen as a significant step toward addressing Bengaluru's mounting traffic congestion and improving overall urban mobility**
>
> – An official

Traffic tangles: Bengaluru's comedy of errors

Although Trevor Noah reportedly cancelled his show in Bengaluru due to sound system glitches, Bengalureans grabbed the moment to add another hashtag to their #peakbengaluru angst stories. From funny memes about the pot-holed roads to while-we-wait-for-cars-to-inch-forward anecdotes, Bengalureans' interesting take on social media, tagging #Noah, has gone viral.

Incidentally, the unprecedented traffic jam on September 27 on the Outer Ring Road stretch, the lifeline for the tech community living there, resulted in a ripple effect all over the city, causing even the stand-up comedian and former talk show host to be late for his show.

With only an hour to go, many heading for Noah's show and stuck in the traffic were seen trying to sell tickets that cost them Rs 6,500 for Rs 5,000.

The show, however, was cancelled because of some technical glitches in the sound system.

But having an international stand-up comedian in the city was too good an opportunity to let pass for Bengalureans, who never hesitate to 'roast' the IT hub known for its traffic bottlenecks and civic infrastructure issues.

So, while Bengaluru waited endlessly for the jam to clear up, social media kept buzzing with pictures and updates late into the night, providing an insight into the chaos.

Not surprisingly, even BookMyShow, the organiser of the Noah show, which has come under a lot of flak, and Noah himself, took to social media platform X to put out an apology. – PTI

HAVE YOUR SAY

Do you think tunnels can be the infra fix for B'luru's traffic trouble? Send in your thoughts to our WhatsApp number 9591233247

Transport department cracks down on carpooling apps

The transport department is intensifying its crackdown on carpooling applications such as Quick Ride, deeming the use of private vehicles (those with whiteboards) for commercial purposes illegal. This action follows persistent taxi driver unions' demands to halt this practice.

Taxi drivers argue that allowing carpooling applications to function with private vehicles is unjust. They emphasise that taxi drivers must register their vehicles, obtain necessary permits, and adhere to tax regulations to operate legally. During the September 11 bandh (strike) by private taxi and bus associations, one of the key demands was for the transport department to take action against aggregator applications utilising private vehicles.

Carpooling solves major traffic issues

The transport department has directed Regional Transport Offices (RTOs) in various areas, including Jayanagar, KR Pura, Electronic City, HSR Layout, Devanahalli, and Yelahanka, to initiate legal measures if carpooling cars are found to be making rounds. Drivers engaged in carpooling may face a six-month suspension of their registration certificate (RC) and a penalty ranging from Rs 5,000 to Rs 10,000 if caught.

The carpooling business has picked up after the pandemic as IT professionals often choose the service to reduce travel costs and minimise traffic congestion. Experts have often suggested that carpooling is a logical method to address the issue of traffic congestion as it reduces the number of personal vehicles on the road while also reducing fuel use. Opposite to the stand taken by the transport department, several government departments have encouraged carpooling initiatives. In July, the Bengaluru Traffic Police (BTP) suggested companies on the Outer Ring Road (ORR) incentivise carpooling initiatives. –BMB

CONSUMER CONNECT INITIATIVE

Break the Silence on BPH: Seek Relief Today

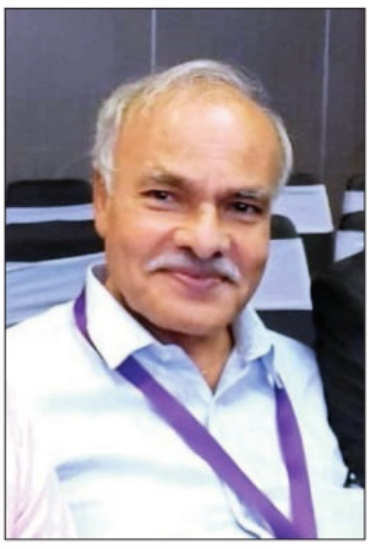
Benign Prostatic Hyperplasia (BPH), an age-related non-cancerous enlargement of the prostate gland that can lead to urinary obstruction and distressing symptoms.

BPH is a prevalent condition among aging men and can significantly affect their quality of life. Dr. Kamalakar L Achrekar, a highly regarded Consultant Urologist practicing at Uro Care Centre, Belagavi has stressed the importance of seeking help for treating BPH.

Dr. Achrekar highlighted the accessibility of cost-effective and safe medications and advanced surgical techniques, which have made BPH treatment easily available to a large number of patients across the country in a far easier manner.

"The most common prostate-related issues include BPH, prostatitis, and prostate cancer. BPH, in particular, affects over 60% of Indian males aged 40 and above, causing moderate to severe urinary symptoms. These symptoms include frequent urination during the day, nocturia (waking up at night to urinate), difficulty in passing urine, and a feeling of incomplete bladder emptying. While these symptoms may start mildly, they tend to worsen over time, leading to severe nocturia, an urgent need to urinate, and even urine leakage," he said.

Patients often resort to self-remedies like limiting fluid intake or constantly monitoring their need to urinate, resulting in a compromised quality of life. The patient tries to cope with the bother of these symptoms by self-remedies such as restricting fluid intake, habitually urinating before embarking on long outdoor trips or going to bed and being almost obsessively conscious of one's urinary signals and the location of the toilet wherever he goes – all these leading to a quality-compromised life.



Dr. Kamalakar L Achrekar

Even complications related to urinary retention, infections can develop in a big subset of patients.

"In some cases, urinary retention, infections, urinary tract stones, and kidney damage can develop, further reducing patients' well-being and productivity. Early diagnosis and timely treatment are essential to alleviate BPH-related suffering and reduce its impact on both individuals and society as a whole", he said

For more information, please contact
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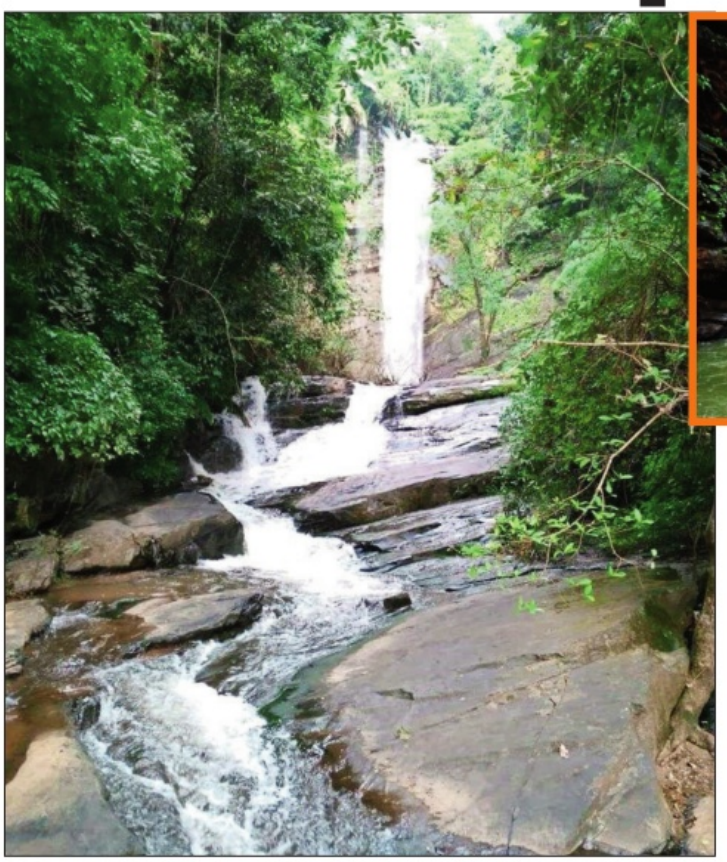
Access to monsoon waterfalls reopened

Forest Department lifts ban but imposes permission for falls within forested regions

Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

Every year, the allure of monsoon waterfalls beckons adventurers. However, this year's poor monsoon cast a shadow on this beloved tradition as water inflow dwindled. Many waterfalls were off-limits during the rainy season to ensure safety. Now, the forest department in Dakshina Kannada district has lifted the ban, allowing visitors to explore these natural wonders.

IFS officer Ganapathi K, Deputy Conservator of Forests, Karkala Taluk said, "We are currently permitting public visits to these falls. However, if the Meteorological Department issues red alerts, access will be restricted on such days, but otherwise, visitors can enjoy the falls regularly." The ban on visiting waterfalls was initially imposed after heavy rainfall in July this year. Despite a drier August, restrictions remained in place until September when rains rejuvenated the waterfalls. Even Gadaikal, located at an altitude of 1,700 meters above sea level, is now accessible.



Kadamagundi waterfall (360 km from Bengaluru) Ermayi waterfall (inset)

While the Western Ghats offer captivating waterfalls during the rainy season, venturing into the forest to view them can be perilous. Environmentalists caution visitors to exercise extreme care. The dense forests surrounding these waterfalls are home to a variety of wild animals and reptiles, necessitating utmost caution. Basic amenities such as drinking water and accommodations are often scarce in these remote areas.

"While these waterfalls are undeniably picturesque, they require vigilance. Travelling during the rainy season is discouraged due to heavy rainfall in the area. Forest department permission is necessary for falls within forested regions, and seeking assistance from locals is advisable. Although the falls are enticing up close, getting too near can be dangerous, as evidenced by an unfortunate incident at Bangarupalke waterfalls. With heavy rainfall ongoing, it is not advisable to visit the waterfalls at this time," said an official.

Discover lesser-known waterfalls

Ermai (310 km from Bengaluru): Recent rainfall has brought lesser-known falls to life. A short trek from Kuklavi village in Belthangady taluk reveals around eight mini waterfalls.
Kadamagundi (360 km from Bengaluru): Nestled deep in the jungle, this waterfall requires a 31-kilometer journey from Belthangady, followed by a trek to witness the majestic falls cascading from a height of 75 feet.
Bandaje (310 km from Bengaluru): A trekkers' favourite, these falls are located in Charmadi gram panchayat limits. Accessible via vehicles to Kadirudyavara and a subsequent nine-kilometer trek, the falls are best visited from November to May.

Hoysala temples: UNESCO World Heritage site

In a momentous accolade, the group of Hoysala temples in Karnataka has been inscribed on the UNESCO World Heritage List. This recognition signifies the cultural and historical significance of these sacred ensembles that date back to the 12th and 13th centuries. Mukul Singhal, a visitor, praised the temples, saying, "It's a beautiful temple, and it is maintained very well. I have seen very few ruins that are so well preserved. Congratulations to everybody who is involved in this. They have done an excellent job here." These architectural marvels have been designated as the "Sacred Ensembles of the Hoysalas," this serial property comprises the three most iconic examples of Hoysala-style temple complexes in southern India- Channakeshava Temple, Hoysalesvara Temple and Keshava Temple.

The Hoysala architectural style is distinguished by its deliberate blend of contemporary temple elements

The Hoysala architectural style is distinguished by its deliberate blend of contemporary temple elements and those from the past, resulting in a distinct identity that sets it apart from neighbouring kingdoms. These temple shrines are characterised by their hyper-real sculptures and intricate stone carvings that adorn every architectural surface. They feature a circumambulatory platform, a grand-scale sculptural gallery, a multi-tiered frieze, and sculptures depicting the Sala legend. The artistic excellence of the sculptural art within these temple complexes serves as a testament to the remarkable achievement of the Hoysala dynasty and represents a significant milestone in the evolution of Hindu temple architecture.

The UNESCO recognition has drawn attention not only from scholars and history enthusiasts but also from visitors who appreciate the cultural and architectural marvels of the Hoysala temples. This accolade is a testament to the rich cultural heritage of Karnataka and the meticulous preservation efforts that have gone into maintaining these historical treasures. **-ANI**

1 million US visas processed in India

The US mission in India on Thursday surpassed its goal of processing one million non-immigrant visa applications this year and said that Indians now represent over 10 per cent of all visa applicants worldwide, including 20 per cent of all student visa applicants and 65 per cent of all H&L-category (employment) visa applicants.

The number of visa applications processed in India is 20 per cent more than the numbers processed in pre-Covid 2019 and 2022 and Indians made over one in 10 applications worldwide, the embassy said.

US Ambassador to India Eric Garcetti personally handed over the one-millionth visa to a couple, who will be heading to the United States to attend their son's graduation at MIT.

Dr Ranju Singh, senior consultant, at Lady Hardinge College was elated at receiving an email from the US Embassy about hers being the one-millionth visa this year. Her husband Puneet Dargan, was granted the next visa. The couple will be travelling to the US in May 2024.

Greeting the couple as "Mr and Mrs One Million", Ambassador Garcetti enquired about their travel plans to the US and made suggestions about what not to miss in the country as a tourist.

"I couldn't be happier today, happy for India, Indians and the United States. Prime Minister (Narendra) Modi and President (Joe) Biden had said let's do a better job in moving faster on the visas and so the Ministry of External Affairs here approved more bodies in places like Hyderabad, more people who can work on these visas, we changed our systems, we worked harder and smarter and we hit a million visa applications processed this year," the ambassador said.

"Our partnership with India is one of the United States' most important bilateral relationships, and in fact one of the most important relationships in the world. The ties between our people are stronger than ever, and we will continue our record-setting volume of visa work in the coming months to give as many Indian applicants as possible the opportunity to travel to the United States and experience the US-India friendship firsthand," he added.

The mission has already surpassed the total number of cases processed in 2022 and is processing almost 20 per cent more applications than in pre-pandemic 2019. **-PTI**

Eid procession

Eid celebrations in Shivajinagar on Thursday

PIC: KAUSHIK JN

Swaminathan: Genius who waged a battle against hunger

As I was working on agriculture, my family wanted me to take over the management of our plantations. But my aim was to master the art of developing new varieties, that is genetics and breeding. As the proverb has it, we reap what we sow. Consequently, sowing the right things is very important," MS Swaminathan had once said.

Fondly addressed as MS by his friends and colleagues, Monkombu Sambasivan Swaminathan, in his long career demonstrated what he said and ensured bumper crops by working side by side with farmers. Born in Kumbakonam in Tamil Nadu on August 7, 1925 to Dr M K Sambasivan and Parvati Thangammai, Swaminathan played a significant role in changing the trajectory of the agriculture sector when farmers were dependent on archaic farming techniques.

Swaminathan belonged to an era when hunger and malnutrition were the order of the day in several parts of the country and the nation, with a population of about 300 million, was on the cusp of independence.

The Bengal famine (1943-44) not only haunted the people but also greatly influenced his career and made him fix his goal on ensuring food security and then nutrition security.

Swaminathan's research that began as a plant geneticist addressed the issue of food insecurity, helped small farmers increase their income by enhancing productivity.

Eventually, a nation that once depended on American wheat to feed its people in the 1960s was transformed into a foodgrain surplus nation. In recognition of his

MS Swaminathan

stellar contributions, he has been awarded the Padma Vibushan and numerous other academic awards and honours including the prestigious Ramon Magsaysay Award.

In 1968, Indian farmers harvested 17 million tonnes of wheat, in contrast to 12 million tonnes that had been the best in a very good monsoon. The extra five million tonnes was really a quantum leap. This became the wheat revolution and the then Prime Minister Indira Gandhi had released a special commemorative stamp in July 1968. Besides wheat, he is also known for his contribution to increasing production of rice and potato.

Popular for his punctuality, he dedicated his entire life to make a turnaround in agrarian economy by employing innovative techniques in agriculture.

He played a pivotal role in developing the Protection of Plant Varieties and Farmers' Right Act 2001.

GN Hariharan, executive director of M S Swaminathan Research Foundation (MSSRF), said, "Dr Swaminathan used to say that the future belongs to the nation with grains and not guns."

Swaminathan passed away on Thursday at his residence in Chennai. – PTI

IN BRIEF

Insta fight ends in murder

A fight that started on Instagram led to the murder of a minor in Belagavi, police said on Thursday, adding that three other minor boys have been detained and one person arrested. The deceased was identified as 17-year-old Prajwal Sunkada. Police said that Sunkada, a resident of Mallapura village, was active on Instagram. The accused had created a fake account in the name of a girl and were sending messages to Sunkada. After finding out about this, the victim had slammed them. Enraged by this, the accused ganged up and attacked him with machetes. – IANS

Polling team attacked

An election official and his team who were on their way to the polling booth for the election of the director of the Milk Producers' Union in Ramanagara district were attacked and robbed, police said. According to the Superintendent of police, the incident took place while the officer and his team were on their way to the polling booth for the elections of Hullenahalli milk producers' cooperative society in Ramanagara district on Wednesday. The police official said that 250 ballot papers and two laptops were robbed from them in this incident. – ANI

It is crowded in jail

CONTINUED FROM PAGE 1

overcrowding rate of 207.5%, with 83 prisoners occupying space meant for 40. Gadag has the highest overcrowding rate at 258.33%, as 124 prisoners share space designated for only 48. Overall, in the state, there is capacity for 14,237 prisoners, but currently, 16,053 prisoners are incarcerated, resulting in a prison occupancy rate of 112.76 percent. However, there are a few jails with significantly lower occupancy rates, such as Devadurga with only 22.5% inmates, Sirsi with 50%, and Hadagali with 55.3%.

During a recent session, Home Minister Parameshwara stated, "There are 54 different types of prisons in Karnataka, out of which 28 are overcrowded." To accommodate more prisoners, the state government is constructing six new prisons and additional barracks in eight existing prisons.

The new prisons will be located in Mangaluru, which will have space for an additional 790 prisoners; Vijayapura, with capacity for 675 more; Bidar, with capacity for 880 more; a high-security prison in Bengaluru, capable of accommodating 1,000 additional prisoners; and Arsikere and Virajpet sub-jails, which can each house an additional 50 and 80 prisoners, respectively. In total, these new prisons will provide capacity for 4,130 additional prisoners.

Meanwhile, additional barracks are being constructed at the following prisons, which will increase the overall prisoner capacity by another 1,345: Central prison Kalaburagi (300), Central prison Mysuru (255), Central prison Ballari (300), district prison Koppal (150), district prison Haveri (100), district prison Ramanagar (100), taluk prison Hubballi (80), and taluk prison Gokak (60).

Coffee sector vows to weed out child labour

The International Coffee Organisation would focus on social sustainability in the coffee sector, especially farming, to ensure there is no child labour involved in it, its executive director Vanúsia Nogueira has said. The ICO is the main inter-governmental organisation for coffee, bringing together exporting and importing governments to tackle the challenges facing the world coffee sector through international cooperation.

Its member governments represent 98% of world coffee production and 67% of world consumption.

"If we talk about social sustainability, we have very, very restricted laws in many of these countries. I'm not sure where we are doing a benchmark right now about the social part but that's our focus in the future," Nogueira told PTI in an interview on the sidelines of a World Coffee Conference here.

According to her, there are some countries that are very strict about child labour, but there are also some others where the laws are more flexible. "There is a discussion for example, in terms of the child labour. There is a discussion about what they call the family business...It is a part of your family, it is your sons, your daughters, then this is a family business, then this could not be considered as a child labour but it has been questioned in a lot countries," she said.

Nogueira, however, pointed out that sometimes child labour or children assist their parents in their family business in some countries but the ICO "would need to check how to do it."

"...we need to be sure that the children will have access to school, they have to be inside the education system in the country. They need to have access to the house," she said. To a question on rating coffee producing countries in terms of best practices in farming, sustainability and other benchmarks, she said Costa Rica was doing well in the management of farms and the profitability of the business.

Bengaluru hosted the four-day World Coffee Conference-2023, where representatives, businessmen and growers from over 80 countries took part, which concluded on Friday. According to Coffee Board of India officials, Karnataka contributes about 70 per cent of total coffee production in the country. **PTI**

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CHANGE OF NAME

I Sunitha Kumari Srinivasa W/O, Srinivas.k R/o N0-18/14,bhavya Nilaya,32nd Crs,bhnd Water Tank, Kumaraswamy Layout 1st Stage, Bengaluru-560078 have changed my name to Sunitha Kethamaranahalli Byanna.

I, NIKHILKUMAR RAMESHCHANDRA MODI alias Nikhilkumar Rameshchandra Shah Aka Modi, S/o Rameshchandra Bhogilal Modi, R/o #102, Dasta Concerto, Yamare Village Sompura, Sarjapura, Bengaluru – 562125, have changed my name as NIKHILKUMAR RAMESHCHANDRA SHAH vide affidavit dated 27.09.2023 sworn before notary Subashini Bengaluru.

I, HARSHA KUMAR BABU S/o. Babu Mohan Raj J, residing at No. 6, 1st Main Road, Dwarakanagar, Chandra Layout, near Village Hyper Mart, Bangalore-560026, have changed my name to ARVIND RATHAN, vide affidavit dated 26.09.2023, sworn before notary B.K.R Krishnamurthy, Bangalore.

I, Suguna R/a no 198, 3rd Cross, 4th Main, RMV 2nd Stage, Near Sanjay Nagar Police station, NGEF Colony, R.M.V Extension 2nd Stage, Bangalore 560094. I have Changed my name to Suguna Rajagopalan. Vide affidavit dated 27-09-2023. Sworn before notary V. Anjanappa B'lore.

I Dayananda Chikkahanumayya S/O, Chikkahanumaiah Also Known As Chikkahanumayya R/o No-47,keshavachala Nilaya ,2nd Main,bullet Krishnappa Layout,thindlu, Bengaluru-560097 have changed my name to Dayanand Chikkahanumaiah

I, Shabreen Taj W/O Shoukath Ali no 6/1 anwar lyt b'lor-45 have changed my name to Zakiya Begum for all purposes.

tender & notices

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PUBLIC NOTICE

Our client intends to purchase 10 residential **Apartments/Flats** in the building known as **"KRISHNA VILLA"** comprising of Basement, Ground and Two upper floors, built in property bearing Site No. 8A, 24th Main, Sarakki lake to Sarakki Grama Main Road, carved out of residentially converted land in Survey No. 16/1 of Sarakki Kere Village, Uttarahalli Hobli, Bangalore South Taluk, Bangalore-560078, previously Bommanahalli C.M.C, now within the limits of Bruhat Bengaluru Mahanagara Palike, measuring EAST to WEST 80 feet and NORTH TO SOUTH 50 feet, in all admeasuring 4000 Square feet, which property is morefully described in the schedule hereunder from its owners.

The public are hereby given notice that any person/s or any incorporated body claiming any right, title or interest of any nature or having any lien, charge or enforceable right in respect of the schedule property or anybody having objection to the transaction may put forth their claims in writing with the undersigned together with supporting documents within 15 days from this date, failing which it will be presumed that no valid claim/s or objection/s subsist against the purchaser and the Schedule Property is free from all encumbrances.

SCHEDULE PROPERTY

Flat No.	Owner's Name	Super Built-Up Area	Undivided Share in Land
001	Mr. S. Narahari Rao.	925 Square feet	300 Square feet
002	Mr. Kiran .M .N.	705 Square feet	205 Square feet
003	Mrs.Varalakshmi, Mrs.S. V. Susheela, Mrs.S. Ramyashree, & Mr. S. Lathashree.	1100 Square feet	395 Square feet
101	Mr. S. V. Dhanapala Reddy.	1525 Square feet	475 Square feet
105	Mr. K. Ganesan	1910 Square feet	575 Square feet
201	Mr. M. R. Ravindra Kumar.	1075 Square feet	375 Square feet
202	Mrs. Kamakshamma alias Madhvi, Mrs. S. V. Gayathri, Mrs. Prishitha .S.	1375 Square feet	415 Square feet
203	Mrs. Geetha Rajagopalan.	850 Square feet	260 Square feet
301	Mr. Moolchand Sethia.	1643 Square feet	490 Square feet
302	Mr. Krishna Iyer Sathyanarayanan	1700 Square feet	510 Square feet

The above detailed flats are intended to be purchased by our client together with all the car parking spaces in the basement floor, and with all amenities hereditaments attached thereto.

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LONG STORY SHORT

Creatine supplement may help relieve some long covid symptoms

Creatine supplements are popular among fitness enthusiasts. It's no wonder, with research showing it may help improve strength and power, and support recovery between workouts.

Given its many benefits, a team of researchers recently decided to investigate whether it could help people with long covid They specifically wanted to know whether creatine could help combat fatigue, which is one of the most common and debilitating long covid symptoms.

The researchers from Serbia conducted a randomised controlled trial involving 12 people who'd had a recent long covid diagnosis. This is the best study design to work out whether or not a treatment is effective.

Participants were randomly assigned to either receive a daily creatine supplement or a placebo (in this case inulin – a type of fibre). The treatment and placebo were an identical white powder that was mixed into water. This ensured neither the participants nor the researchers knew who'd received the creatine supplement until the trial was complete. The trial lasted over six months, ensuring the creatine had enough time to have an effect.

The researchers measured several outcomes – including how fatigued participants reported feeling and whether other long covid symptoms (such as loss of smell) improved. The researchers also tracked how long participants could walk without feeling exhausted (an objective measure of fatigue), as well as levels of creatine in both muscle and brain tissues. This last outcome is important as it shows the supplement has made a measurable difference in the body – and shows participants adhered to the treatment.

Between 90-95% of participants took the supplement as directed for the duration of the study. Only one patient on creatine reported experiencing mild nausea.

After six months, the creatine group was shown to have higher concentrations of creatine in their muscles and brain tissue compared with the placebo group. But when the researchers looked at fatigue levels – both objective and self-reported – they found there was no difference between the placebo group and the creatine group.

However, the researchers did find that creatine may have some benefit when it comes to other long covid symptoms (including loss of smell and taste, breathing difficulties, lung pain, body aches, headaches and trouble concentrating).

While all participants reported improvements in their long covid symptoms by the end of the study, these improvements were greater in the creatine group. But it's worth noting that it's difficult to judge how severe these symptoms were to begin with or how great the improvements were as no information was provided on the scale the researchers used.

These results suggest that creatine appears to have had a positive effect on some self-reported long covid symptoms. But creatine did not appear to have any effect on physical fatigue, which was a key focus of the trial.

The researchers suggest several potential mechanisms by which creatine could be causing these effects. One possible mechanism could be that it aids in adenosine triphosphate recycling in the brain and muscles. This molecule is important for energy production and release, and so creatine may make energy more available within these tissues.

Another potential mechanism could be that creatine changes nerve regulation by protecting the nerve cells and reducing nerve cell death, which might help brain symptoms. Creatine is also anti-inflammatory and has antioxidant effects, which may help prevent tissue damage – thereby preserving the function of the brain and muscle cells.

Need for research

This is the first study examining the use of creatine to treat symptoms of long COVID. The results are encouraging, and suggest it may be worth further exploration. But this is by no means enough evidence to warrant recommending this supplement to anyone who has long covid.

Given the study used only a very few people, this means there's still a lot we don't know for certain when it comes to using creatine for long covid symptoms – including whether sex differences affect a person's response to the supplement, if creatine works equally well in people of all ages and what effect a person's diet and exercise habits may have on how they respond to creatine.

Creatine is already shown to be safe and has minimal side-effects. It's also reasonably inexpensive and easy to take each day. Given there are still limited treatments for long covid, this is certainly a worthwhile area to investigate further.

Future research will now need to focus on replicating these results in larger, more diverse groups, and understanding how creatine produces these effects. Researchers may also want to specifically look at people with low creatine levels, as evidence suggests people with long covid have lower creatine levels – and this supplement could be of the most benefit to this group.

(By Mary Hickson, University of Plymouth, The Conversation)

MIRRORLIGHTS

8 effective tips to stop overthinking today!

You can put your brain and mind at ease by stopping yourself from indulging in the habit of overthinking. If you've tried to before and failed, here are some coping strategies that are sure to work.

Don't Quit Cold Turkey: Give yourself a worry period – say 30 minutes each day. Take this time to indulge in worrying, being infatuated, second-guessing everything, the works. But once you're done, no more of it for the rest of the day!

Finish With A Solution: For every worry that you have, think of the worst-case scenario. Imagine what you would do if that really happened. Apply this thought process to all that is bothering you.

Address The Problem: Are you ruminating all the time about your partner and what they meant by their words or actions? Communicate openly to get your answers and put the overthinking to an end.

Find The Positives: There's something good in everything, so seek the same and focus on it. Why not channel the extra time and energy you have now into doing things you love!

Look At The Bigger Picture: Trivial issues matter only in our head, and guess what, in a year or two or five, they won't even matter to you!

Challenge Negativity: Don't let negative thoughts take over. There is always an alternative possible, so think about it.

Distract Yourself: Be mindful of when you start giving into negative thoughts. Once you realise that you're wasting your resources again, occupy your mind with something else.

Learn Acceptance: You can't predict the future, and worrying isn't going to change anything. You can only make a difference by bettering yourself and giving your best each day.

— by Kalwyna Rathod

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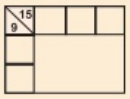
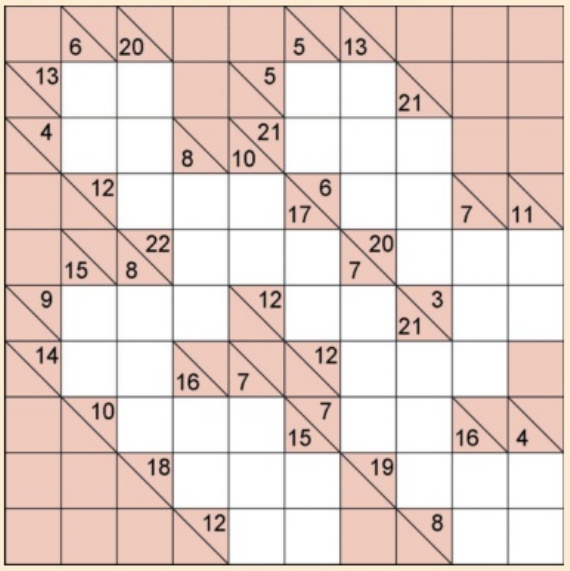
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

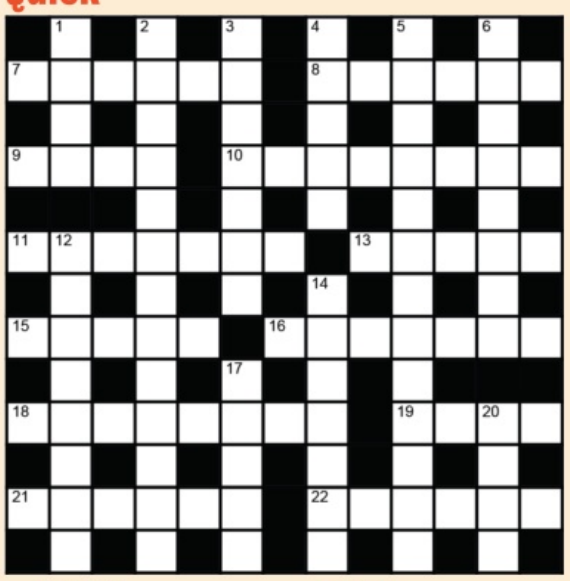


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 ___ one's luck : acted rashly? (6)
8 Elephant driver (6)
9 Lacerate or pull apart (4)
10 Ongoing (5,3)
11 Soothe or calm (7)
13 Visit briefly (3,2)
15 Gives on loan (5)
16 Item of jewellery (7)
18 Metallic element (8)
19 Praise extravagantly (4)
21 Irish pub at the ITC Windsor hotel (6)
22 Representatives (6)

DOWN

1 Cylindrical container (4)
2 Feature of Camelot gathering (3,5,5)
3 Deem (7)
4 A derivative of ammonia–"I made" anagram ? (5)
5 Ballet arranger (13)
6 Time span (8)
12 Plausible, fair-seeming (8)
14 Porridge ingredient (7)
17 Indications (5)
20 Solid oils (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS U

JE XSMNSBS NT JE YUEF REA XSMNSBS, KUH JE YUEF REA XSMNSBS NT UEJ JE XSMNSBS.

Linemaro

I like you more than the smell of grandma's home-made cakes

Mindchow

At a dinner party, one should eat well but not too well, and talk wisely but not too wisely

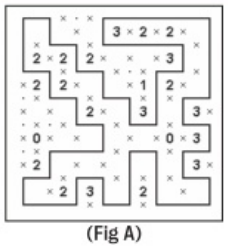
Joke of the day

What do you call fake German notes? Question marks

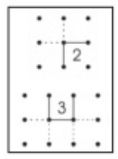
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

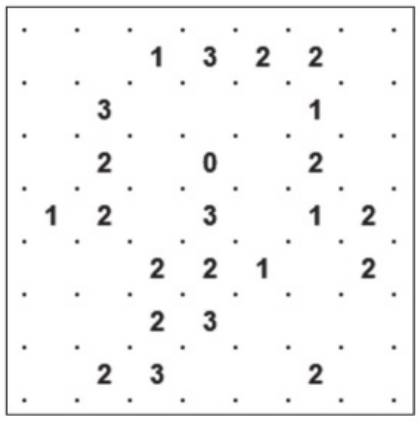


(Fig B) Not Allowed

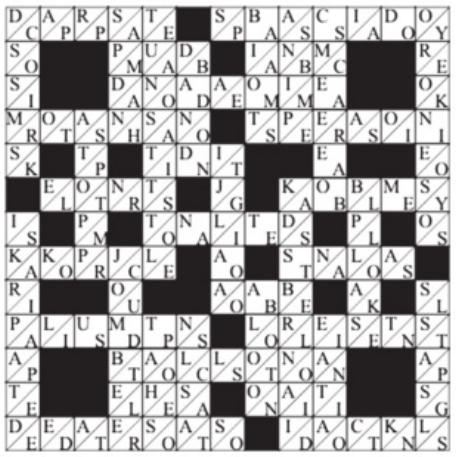
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8	G			
9				

ACROSS

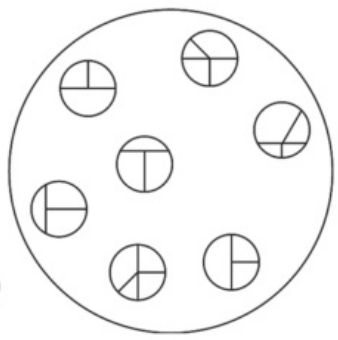
1 Rotas; 6 Me EEC; 7 Siren; 8 Tange; 9 Sawed

DOWN

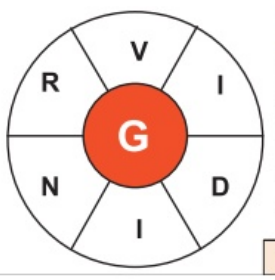
1 Wears; 2 O Mage; 3 Arced; 4 Seen I; 5 Netts

Mensapuzzle

Which circle below should be placed in the large circle above?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

SudokuChallenge

		1	5		8	4		
			3		2			
	5	4				2	6	
	8	9				3	1	
			8		5			
	4	5				8	9	
	1	2				7	4	
			6		7			
		8	4		1	5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 3

6 6 7 8

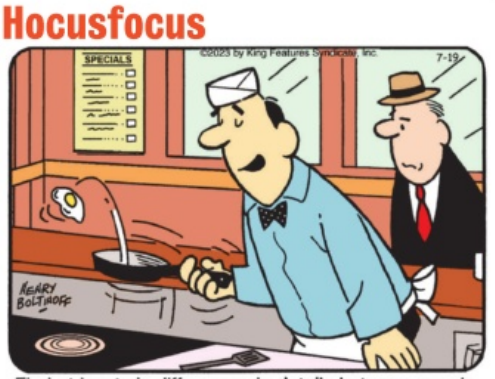
Medium = 1

1 4 4 7

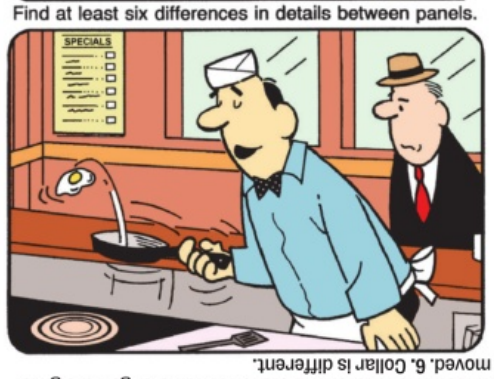
Hard = 13

1 6 6 3

Hocusfocus



Find at least six differences in details between panels.



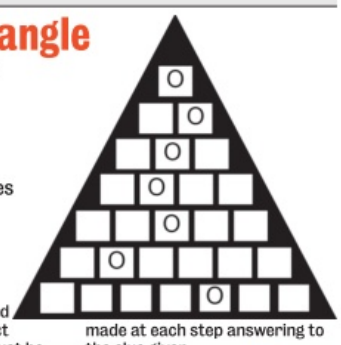
Differences: 1. Bow tie is higher. 2. Egg is different. 3. Mouth is different. 4. Stove burner is larger. 5. Sign is moved. 6. Collar is different.

Riddler

Find the missing number:
1 + 5 = 6
2 + 6 = 14
3 + 7 = 24
8 + 4 = ?

Alpha triangle

1 Atomic number 8
2 Infinitive word
3 Decompose
4 Ripped
5 Shopping place
6 Put into order
7 Newspaper bosses



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

I HOPE THE PALEFACES DON'T SPOT US COMING!
UH-OH! THEY'RE CIRCLING UP THEIR WAGONS..YOU KNOW WHAT THAT MEANS!
THEY'RE GONNA HAVE A 'TAILGATE PARTY'?!
7-5

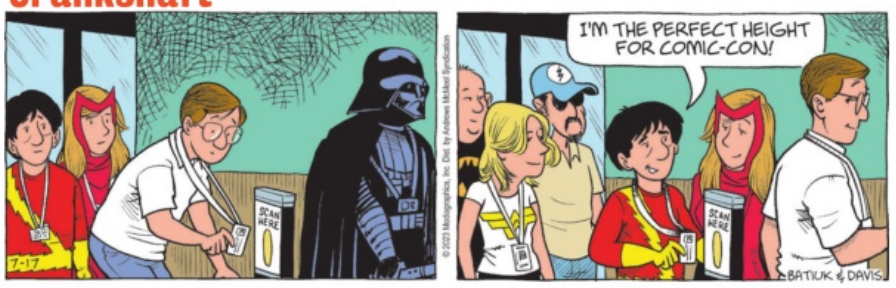
Bizarrotrip

Diamond Lil

Hart of the city

MAAAAN, I HATE THAT WE'RE ALL IN DETENTION.
IF I WEREN'T SUCH AN EASY TARGET TO BULLY, NONE OF US WOULD BE HERE.
HEY! DON'T TALK BAD ABOUT YOURSELF.
NO ONE GETS TO BULLY YOU, NOT EVEN YOURSELF.
HEART OF THE CITY © 2023 ANDREWS MCMEEL
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may have mixed situations around you. It is advised not to expect more from anyone around you; it may disappoint you. Today, you may have self-exploration and self-analysis, allowing you to filter yourself. After the filtration process, you may feel confident and be able to prepare to accept challenges.

Taurus Apr 21 – May 20
Today, you may feel negativity around you, which may upset you. You may find your responsibilities as a burden. You may be in a hurry to complete the task given to you. You may make silly mistakes. Your working efficiency may slow down, affecting your day-to-day work. Your projects may be delayed; it affects your professional life. You are advised to take advice from your elders or consultant before making any important decision.

Gemini May 21 – Jun 21
Today is a positive day for you; you may get success from your hard work on the professional front. You may have a good focus and complete your work on time, which can improve your self-confidence. You may also expect some work-related short trips, which may benefit your network in the near future.

Cancer Jun 22 – July 23
Today, you are blessed by the moon. You may expect to get some inherited assets. You may perform patiently on the work front, increasing your efficiency. You may be polite with the people around you. You may put less effort in day to day work. You may use your communication skills to get new business regarding progress on the work front.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon, which may give you patience. Externally, you may face some work-related stress, but your inner sense may be calm and relaxed, which may help you to balance everything. You may enjoy every moment of work and domestic life. Parents' health is now better. You may hear some good news from your siblings.

Virgo Aug 24 – Sep 23
Today, you may feel unhappy. Some old health issues may arise, which may make you impatient. You may spend your hard-earned money buying worthless stuff. You are advised to control your short temper nature. Love birds are advised to avoid discussions on worthless topics; otherwise, there might be a breakup.

Libra Sep 24 – Oct 22
Today, you are likely to enjoy your domestic and professional life. You may become polite with the people around you, which may help you complete your work smoothly. You may find some new sources of earnings, which boost your savings. , you may also plan to renovate your house or office. Natives who are in jobs may get promotions.

Scorpio Oct 23 – Nov 22
Today, you may be busy on the work front, but with the help of the elder's blessings, you will likely implement some innovations. You may be ethical and follow rules when dealing with the people around you, which may give you inner peace and strength.

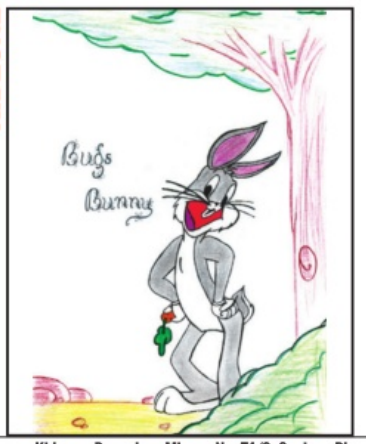
Sagittarius Nov 23 – Dec 22
Today, you may be satisfied with your responsibilities at work. You may plan for a short work-related trip. You may also visit religious places to maintain your inner peace and positivity. Your gurus may show you the right path, giving you clarity regarding your goals.

Capricorn Dec 23 – Jan 20
Today, you may feel dull, but it is advised to keep your mind relaxed; it's a golden rule for you to think twice before any act. You may travel to recover your money. You are also advised to avoid going on adventure tours. Students are advised to go for in-depth study to get success. You may also attracted by occult.

Aquarius Jan 21 – Feb 19
Today, you may feel good; family harmony may make you happy. You may meet influential people to get benefits on the work front. You may perform well in your job and expect some rewards for promotions. Disputes in inherited property may likely settle down.

Pisces Feb 20 – Mar 20
Today, you may find yourself in a self-analysis state, which will bring some confidence in you. Your focus towards your goals is now clear; you may succeed in achieving your goal. Your creativity might improve, and you will be interested in artefacts, movies, glamour and natural life objects. At the end of the day, you may be satisfied with your life. Your opponents may be under control now.

KIDZONE



M Darshan, 14 Years, Indiranagar Cambridge School

Dhruva K Gowda, 13 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=√(1/4×4/1×4/1×4/1×4/1)
=√(4^3)
=√2^2(3)
√2^6
=2^3
=8

QUOTE UNCODE
To believe is to know
you believe, and to
know you believe is not
to believe.

BULL'S EYE
diing, diving, DRIVING, grird, grind, rriding, rrigid, ring, virgin

FAST FIVE

R	O	A	S	T
E	M	C	E	E
S	E	R	I	N
A	G	E	N	T
W	A	D	E	S

STRIKE OUT

C	A	R	A	T		P	A	S	S	A	D	O
O		M	A	B		I	N	C		R
I		A	N	A		E	M	I	A		K
R	O	S	H	A	N		S	P	R	A	I	N
D	E	T	E	S	T	S		D	O	C	K	S
E		L	E	A		N	I	T		G
P		B	A	L	L	O	O	N		A
P	L	U	M	P	S		O	R	I	E	N	T
I		U		O	B	E		K		S
K	O	P	J	E		O		T	A	O	S
S	M		T	A	L	E	S		L	S
E	O	N	S		G		A	B	E	Y
S	T		I	D	I		A			E
S										T
T	I	T	A	N	I	U	M		P	U	F	F
L	E	N	D	S		E	A	R	R	I	N	G
A	S	S	U	A	G	E		P	O	P	I	N
T	E	A	R		U	N	D	E	R	W	A	Y
B		E		J		I		O		R
P	U	S	H	E	D		M	A	H	O	U	T
D	U	B	L	I	N		A	G	E	N	T	S
O		B		G		E		H		A
S		E		S		L		R		S

QUICK

MENSA PUZZLE
C: each circle is repeated rotated.

RIDDLER
40.
1x5+1
= 6, 2x6+2
= 14, 3x7+3
= 24, 8x4+8
= 40

SUDOKU

9	2	1	5	6	8	4	7	3
4	9	3	6	5	7	1	8	2
2	4	5	1	3	6	8	9	7
1	3	7	8	9	5	6	2	4
6	8	9	2	7	4	3	1	5
3	5	4	7	1	9	2	6	8
8	7	6	3	4	2	9	5	1
5	1	8	4	2	3	7	9	6
7	6	2	9	8	1	5	3	4

ALPHA TRIANGLE
0, To, Rot, Tore, Store, Sorted, Editors.

LOOP

GO FIGURE
Easy
7 – 6 – 6 + 8 = 3
Medium
4 – 7 x 1 + 4 = 1
Hard
3 x 6 – 6 + 1 = 13

KAKURO

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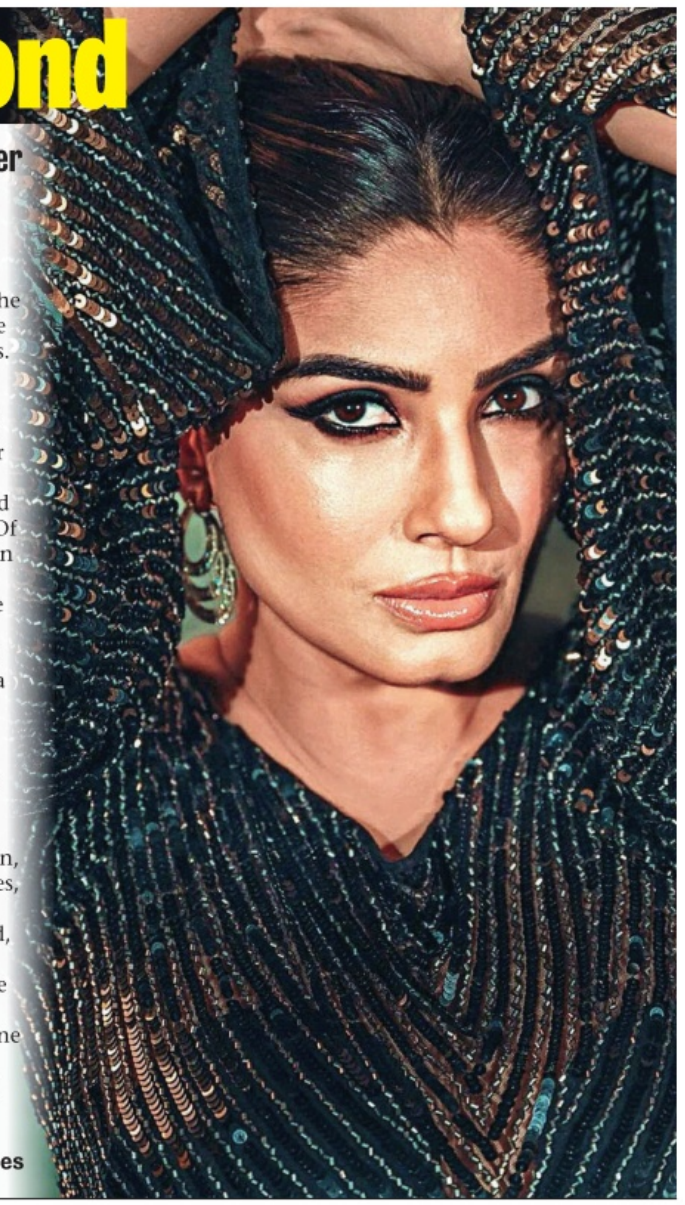
New fairytale
Disney has unveiled a new trailer and voice cast for its upcoming animated film "Wish." The star-studded cast includes Ariana DeBose, Chris Pine, and Alan Tudyk

Family bond

Raveena Tandon fondly shares her unique journey into motherhood



At the age of 21, Raveena Tandon adopted two little girls, Pooja and Chaya. Recently, in an interview, the actor talked about how the girls are 'older siblings' to her younger ones.

Raveena revealed that she took on the responsibility as soon as she turned 21 and was legally allowed to take guardianship of her children. The actor also spoke about her daughter Chaya's wedding.

The actress told Lehren Retro when asked if she was okay with interfaith marriages, "Of course, why not? We are all human beings in the end. It was such a beautiful interfaith wedding. We did her chooda ceremony. She wore her chooda on her gown. I gave her away; I walked her down the aisle; that was another breaking of taboo. The mangalsutra was tied after the vows were taken, and Sindoor was put in the church, so it was a correct mix of how it should be".

Raveena also spoke about her bond with her daughters and said, "It's a lifetime commitment, and there are relationships, there are bonds, there's love, there's emotion, and there's everything that's involved, so yes, there is a bond that we all share".

In an interview with Zoom, Raveena said, "Whenever you do something, there will always be these trolls, or someone will make some sexist remark, trying to create controversies out of nothing. I remember one article even saying that these must be her hidden children, which she must have had out of wedlock. When I was 21, they were eight and 11. So, when did I have them? When I was 11 or 12?" —ETimes

Comic delight

THOTHAPURI CHAPTER 2
3.0 RATING ★★★☆☆
- **DIRECTOR** Vijay Prasadi
- **ACTORS** MJaggesh, Daali Dhananjay, Aditi Prabhudeva, Suman Ranganath, Veena Sundar
- **CERTIFICATION** A
- **Duration** 122 minutes

A sequel to the 2022 hit "Thothapuri Chapter 1," the Kannada movie "Thothapuri Chapter 2" carries forward the comedic legacy with finesse. Director Vijay Prasad showcases his knack for humour, eliciting laughter from the audience throughout the film. The script is rich with double meaning, delivering a light-hearted yet rib-tickling viewing experience. The impeccable portrayal of characters, coupled with expressive body language, enhances the comic impact of the dialogue.

The storyline starts by revealing Shakeela Banu's (Aditi Prabhudeva) comical reaction upon learning about Sister Victoria (Suman Ranganath). Meanwhile, the unexpected decision of Rayaru, the priest, adds a surprising twist. Ere Gowda (Jaggesh), along with Shakeela Banu, Rangamma (Veena Sundar), and Nanjamma (Hema Dutt), venture to meet Sister Victoria, uncovering her desire to relinquish sisterhood due to love. The engaging narrative follows their quest to understand Victoria's love story and its outcome.

Jaggesh shines in the role, mastering the delivery of double-meaning dialogues and evoking giggles from the audience. His temple scene performance is particularly noteworthy. The chemistry and comedic timing between Jaggesh and Veena Sundar are a treat. Hema Dutt, portraying Jaggesh's assistant, steals the limelight with her outstanding dialogue delivery, gestures, and body language. Veena Sundar's bold and captivating performance, especially a scene where she shares a drink with Jaggesh, deserves applause.

Daali Dhananjay impresses with his acting prowess despite his character's challenges. Suman Ranganath charms the audience with her adorable on-screen presence. Dattatreya, in the role of Imamsab, provides solid support to the ensemble cast.

Beyond the laughs, "Thothapuri Chapter 2" imparts a valuable message on communal harmony, making it a must-watch for the mature audience seeking entertainment and enlightenment.

—Y Maheswara Reddy

DC Universe

Director James Gunn, who is set to open a new chapter for the DC extended universe, has announced some significant developments that have sparked curiosity among fans. In a recent chat with fans on social media, Gunn confirmed the return of some DC characters. While fans hoped it was the return of Henry Cavill as Superman or Dwayne Johnson as Black Adam, the director had something else to say.

Shedding light on the evolving landscape of DC films, Gunn, confirmed that the characters and actors returning to the DCEU include some new additions. Gunn explained, "Nothing is canon until Creature Commandos next year sort of aperitif to the DCU-and then a deeper dive into the universe with Superman: Legacy after that. It's a human drive to want to understand everything all the time, but I think it's okay to be confused about what's happening in the DCU since no one has seen anything from it yet." —ETimes

Crafted comedy

Actress Rakul Preet Singh is set to star in a comedy thriller directed by Ashish R. Shukla, known for the critically acclaimed crime-thriller series 'Undekhi.

As per a report in Pinkvilla, this yet-to-be-titled film, Rakul Preet Singh, will share the screen with the versatile actress Neena Gupta, known for her remarkable performances in 'Badhaai Ho' and numerous other acclaimed projects. Described as a "uniquely crafted comedy," the film promises to deliver a blend of humour and thrills that will keep audiences entertained.

Rakul Preet Singh and Neena Gupta are set to play leading roles in this narrative, supported by a talented ensemble cast. The shooting for this exciting project is scheduled to commence at the end of October in Mumbai.

Rakul Preet Singh is expected to wrap up filming with Neena Gupta by December and may follow it up with an action film in early 2024. While details of the action flick are yet to be confirmed, it adds to the anticipation surrounding Rakul's diverse and exciting filmography.

Meanwhile, Neena Gupta is riding high on her recent release, Vishal Bhardwaj's SonyLIV series, "Charlie Chopra & the Mystery of Solang Valley." She also has two intriguing projects in the pipeline: Kaagaz 2 and Metro In Dino.— ETimes

New look

Shahid Kapoor recently shared his new look that seemed similar to his look from Vishal Bharadwaj's Haider, where he sported a buzz cut. Soon after the talks began, Shahid was preparing to play Haider again.

However, nothing of that sort is happening as of now. In an exclusive interview with ETimes, Vishal Bharadwaj mentioned that he now wants to work on a comedy trilogy on Shakespeare's work. He said, "It has been about 10 years since I made Haider, the last of my tragedy trilogy of Shakespeare's works. But yes, I want to start work on his comedy trilogy soon."

It is also reported that if Shahid and Vishal were coming back, they would have begun shooting already because Vishal is heading out of the country for a month. He will be leaving after the release of his film Khufiya.The report also suggests that Haider was based on Shakespeare's work, and it is impossible to have part 2 of it. — ETimes